

What can the HUB give you **advice** and **support** you with?

Here's just a few things...

A lcohol	Thought about trying alcohol but worried about the consequences?
B ereavement	Lost someone close to you and always feeling sad?
C yber bullying	Received nasty messages on your phone or online?
D rugs	Want to find out more about the effects of drugs?
E xercise	Find out what clubs can keep you fit!
F amily	Always arguing or feeling left out at home?
G oing out	Ideas on how to keep safe when you're out with friends
H obbies	Want to try something new or find out what's on?
I nternet	Tips on how to get the most out of being online!
J obs	Want a part time job? We can help you with your CV
K issing	Boyfriend/girlfriend troubles?
L GBT	Want to talk about your sexual orientation?
M oney worries	Need help budgeting?
N othing to do?	Let us help you find a new activity to keep you busy!
O ther people	Are you worried about a friend or family member?
P uberty	Not sure what's going on with your body, we can help
Q uestions?	We'll help you find the answer to them all!
R ages	Get angry? Struggle keeping calm?
S elf harm	Come and talk to us about how you're feeling
T obacco	Thinking about giving up?
U niversity	Looking at further education?
V olunteering	Interesting in supporting your community?
W eight	Worried about your weight? We can support you.
X ams	Stressed out about up coming exams?
Y our rights	Feel like you're never listened to?
Z zzzzzzz	Find it difficult getting to sleep?

**Whatever's going on or whatever you've got a question about,
The HUB will help you find the answer!**